

STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT

State/Territory: North Dakota

TARGETED CASE MANAGEMENT SERVICES FOR PREGNANT WOMEN AND INFANTS

A. Target Group:

See attached.

B. Areas of State in which services will be provided:

X Entire State.

— Only in the following geographic areas (authority of section 1915(g)(1) of the Act is invoked to provide services less than Statewide:

See Attached

C. Comparability of Services

— Services are provided in accordance with section 1902(a)(10)(B) of the Act.

X Services are not comparable in amount, duration, and scope. Authority of section 1915(g)(1) of the Act is invoked to provide services without regard to the requirements of section 1902(a)(10)(B) of the Act.

D. Definition of Services:

See Attached.

E. Qualification of Providers:

See Attached.

F. The State assures that the provision of case management services will not restrict an individual's free choice of providers in violation of section 1902(a)(23) of the Act.

1. Eligible recipients will have free choice of the providers of case management services.

2. Eligible recipients will have free choice of the providers of other medical care under the plan.

G. Payment for case management services under the plan does not duplicate payments made to public agencies or private entities under other program authorities for this same purpose.

A. Target Group:

The person for whom Medicaid participates in the cost of case management services must:

1. Be Medicaid eligible;
2. Determined to be pregnant through physician verification; and must meet any of the following at risk criteria:
 - a. Is age 17 or younger at the time of the assessment
 - b. Is age 40 or older at the time of the assessment
 - c. Abuses alcohol or other drugs during current pregnancy. A woman would qualify as a high risk pregnant woman if she consumed more than two alcoholic drinks per week
 - d. Uses tobacco products to an extent that could result in harm to the fetus. A woman would qualify as a high risk pregnant woman if she smoked 10 or more cigarettes per day
 - e. Is Developmentally Disabled
 - f. Has a medical condition such as diabetes, AIDS, HIV, or heart condition/high blood pressure. A woman would qualify as a high risk pregnant woman if a physician has certified that a particular medical condition could result in a high risk of a problem pregnancy for the woman
 - g. Is currently being treated for a serious psychiatric diagnosis or is currently on any psychotropic drugs. A woman would qualify for high risk if she is being actively treated for a psychosis diagnosis or for moderate or severe depression
 - h. Women may also qualify for targeted case management services if any three of the following factors are present:
 1. Has a history of counseling for an emotional disorder
 2. Has a history of use of psychotropic medications
 3. Has had a previous problem pregnancy
 4. Has a family history of genetic disorders that could be passed on to the child

5. Is currently homeless or has had three different living situations during the current pregnancy
 6. Has experienced family violence including spousal abuse, child abuse and neglect or sexual abuse
 7. Has been a victim of sexual assault within the last two years
 8. Is isolated from normal support systems
 9. Has not initiated prenatal care and pregnancy is past the first trimester
 10. Has not graduated from high school or received her GED
 11. Has two or more children under the age of 5
 12. Is residing in any group living arrangement such as a group foster care, residential treatment center or alcohol treatment center
 13. Is drinking alcohol but consumes no more than two drinks per week; and
3. For continuing services after the birth of the child must be living with and providing the primary support system for her infant. Eligibility for the program ends the first month following the month in which an infant reaches 6 months of age.

D. Definition of Services:

Case management is a combination of activities that assist at risk pregnant women and their infants to gain access to needed medical, social, educational and other vital services that will lead to positive birth outcomes and allow infants to reach their full potential. The following services will be available to all recipients who qualify for case management services.

1. Assessment - Consists of a needs assessment to identify a client's physical, medical, nutritional, psychosocial, developmental and educational status.
2. Care Coordination and Referral - Consists of identifying those services that will help the client to meet her established goals and assist her in making the appropriate referrals and securing the needed services.
3. Care Planning and Preparation - Consists of the identification of the specific needs of each woman and the

establishment of goals that will enable the pregnant woman to succeed in her commitment to have a healthy birth outcome. The goals and the means to accomplish them must be included in a written service plan that also reflects the particular resources that are needed to promote the coordination of services for each client.

4. Case Monitoring - Consists of regular contacts between the case manager and the woman to assist the woman to meet her goals that are outlined in the case plan. Monitoring also includes the identification and resolution of problems that occur on an ongoing basis. It also includes ongoing assessments to determine if the case plan and the identified services are meeting the needs of the pregnant woman in her goal to have a positive birth outcome and a healthy start for her infant.

Monitoring must include at least two face to face contacts in the residence of the client during pregnancy and at least one face to face home visit after the child is born.

5. Health and Parenting Education - Consists of arranging for health or educational services that will assist the woman in obtaining knowledge that will enable her to make informed decisions that could affect birth outcome and parenting skills that will allow the mother to provide for the care of her infant.
6. Case Reevaluation - Is completed prior to discharge from the program and consists of an assessment to determine the progress that has been made toward meeting the goals outlined in the case plan and identifying any unmet needs that should be addressed prior to the woman leaving the program.

E. Qualification of Providers:

Providers of Targeted Case Management Services must be able to deliver needed services in a culturally appropriate and relevant manner.

In order to meet the above needs two separate categories of providers are available to at risk pregnant women.

1. Have appropriate staff and programs to meet the cultural needs of Native American at risk pregnant women.
2. Demonstrate that they possess the necessary cultural sensitivity and background knowledge that is specific to the particular geographic area proposed by the provider.
3. Have at least three years experience in delivering services in a community or home setting to high risk pregnant women.

4. Demonstrate the ability to coordinate prenatal care services for clients, develop relationships with health care and other area agencies in the particular geographical area they are serving, demonstrate experience in assessing the needs of pregnant women and developing case management plans based on the needs of clients and must demonstrate ability to evaluate an at risk pregnant woman's progress in obtaining appropriate medical care and other needed services.
5. Provide adequate supervision to case managers by individuals with a bachelor's degree in social work or education and at least three years of experience in service delivery and supervision
6. Have in place a training process that will ensure that staff have adequate knowledge relating to high risk pregnancy, parenting and other important issues.
7. Demonstrate the ability to provide 24 hour, 7 day a week crisis services to eligible clients who are in need of emergency case management services.

Qualifications of individuals performing case management services are:

1. A Registered Nurse licensed in accordance with the North Dakota Nurse Practice Act.
2. A Licensed Practical Nurse licensed in accordance with the North Dakota Nurse Practice Act and ~~how~~ has at least one year of case management experience in an area closely related to at risk pregnant women and infants.
3. A licensed social worker with at least a bachelors degree in social work and at least one year of case management experience in an area closely related to at risk pregnant women and infants.
4. A health educator with at least a bachelors degree and at least one year of case management experience in an area closely related to at risk pregnant women and infants.
5. A case management implementer with at least a high school diploma and at least one year of case management experience in an area closely related to at risk pregnant women and infants.

Generic Qualifications for providers serving the general population of at risk pregnant women; Case Managers for pregnant women and their infants up to 6 months of age is limited to providers who:

1. Have at least three years experience in delivering services in a community or home setting to high risk pregnant women.

2. Demonstrate the ability to coordinate prenatal care services for clients, develop relationships with health care and other area agencies in the particular geographical area they are serving, demonstrate experience in assessing the needs of pregnant women and developing case management plans based on the needs of clients and must demonstrate ability to evaluate an at risk pregnant woman's progress in obtaining appropriate medical care and other needed services. ,
3. Must provide adequate supervision to case managers. Case management supervisors must be certified as a licensed certified social worker or must be a social worker with at least 5 years experience in service delivery and supervision.
4. Have in place a training process that will ensure that staff have adequate knowledge relating to high risk pregnancy, parenting and other important issues.
5. Demonstrate the ability to provide 24 hour, 7 day a week crisis services to eligible clients who are in need of emergency case management services.

Qualifications of individuals performing case management services are:

1. An individual with a masters degree in social work
2. An individual who is a licensed social worker with at least two years experience in areas closely related to targeted case management services for at risk pregnant women and their infants.